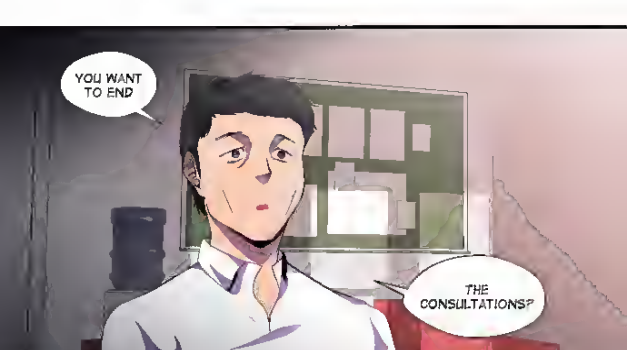
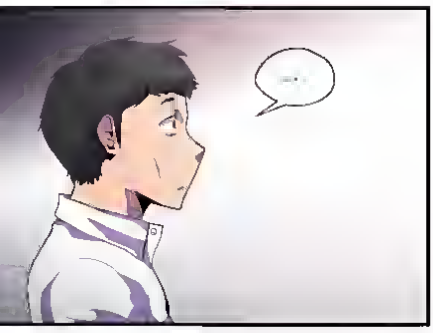
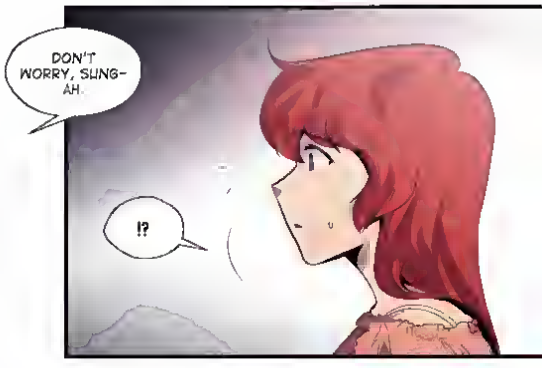
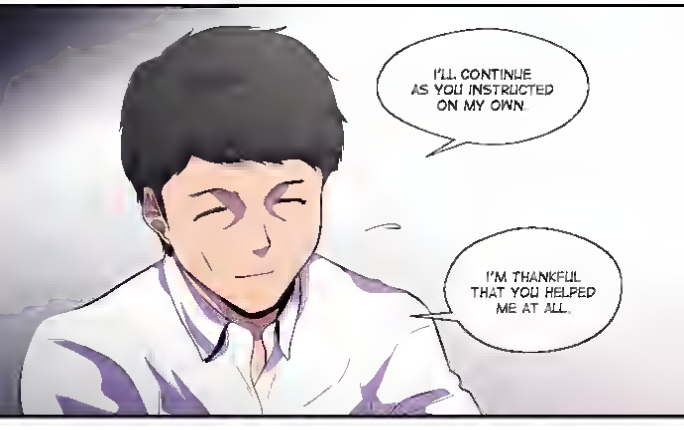
HUH?
WHAT DO YOU MEAN...


YOU WANT TO END
THE CONSULTATIONS?

I'M SORRY, YOO-GUN
ESPECIALLY SINCE I'M THE ONE WHO GOT YOU TO GET TREATMENT IN THE FIRST PLACE...

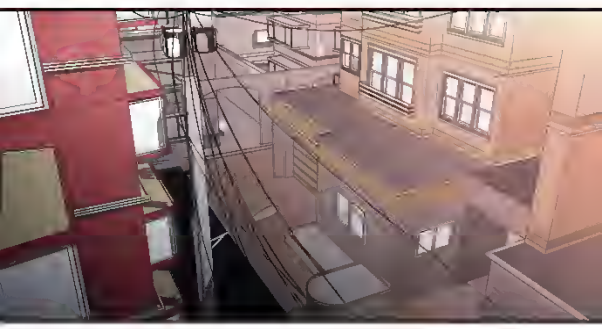


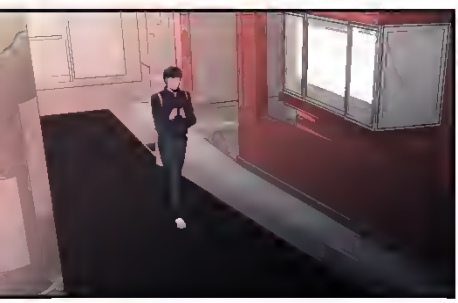

DON'T WORRY, SUNG-AH.
!?

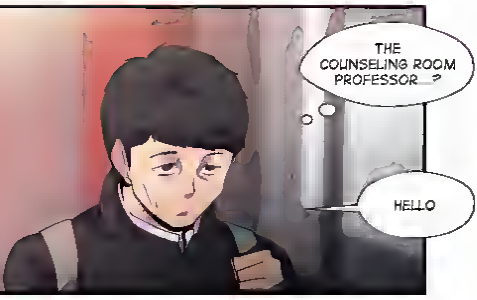

I'LL CONTINUE AS YOU INSTRUCTED ON MY OWN.
I'M THANKFUL THAT YOU HELPED ME AT ALL.

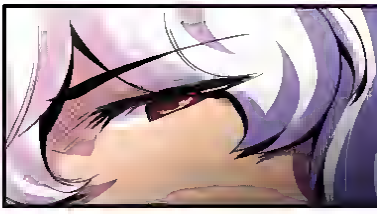
THANKS FOR TAKING CARE OF ME
PROFESSOR!!
WHAT DO YOU MEAN BY THAT!?
PLEASE GIVE ME A BIT MORE TIME
EVEN IF A TREATMENT HASN'T BEEN EFFECTIVE
IT'S NOT RIGHT
FOR A COUNSELOR TO JUST GIVE UP!
.....

IT'S NOT BECAUSE THE TREATMENT WASN'T EFFECTIVE
WHAT?





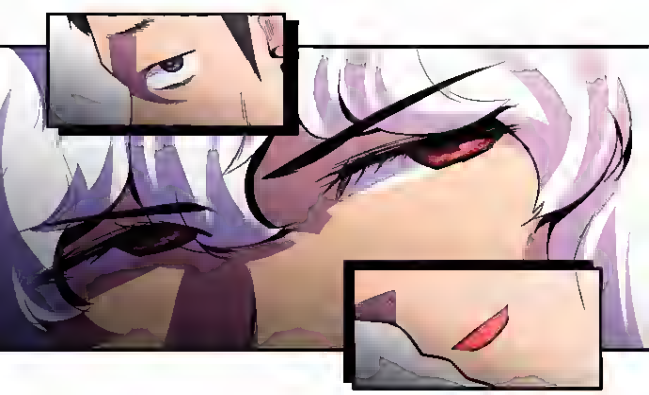

THE COUNSELING ROOM PROFESSOR...?
HELLO



I'M THE ONE WHO ENDED
THE CONSULT-ATIONS

I-IS THAT SO?

M-MY SYMPTOMS WEREN'T THE KIND THAT COULD BE TREATED THAT WAY ANYWAYS
HUH... SO WHAT DOES HE WANT?



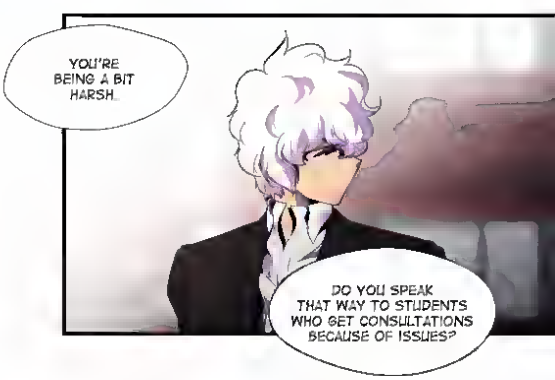
ARE YOU "RELIEVED?"

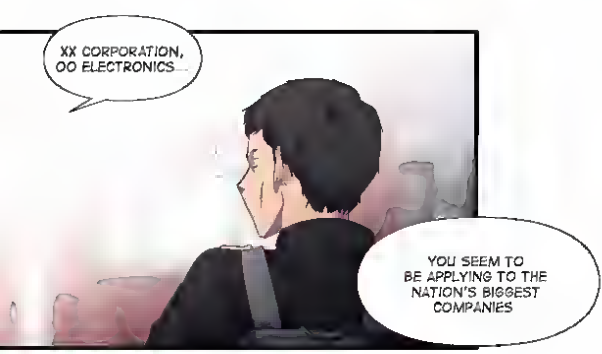
YOU
DON'T REALLY WANT TO FIX YOUR SYMPTOMS, RIGHT?

닥터프로스트
Dr.FROST
Work by 이종범

FILE No.#09

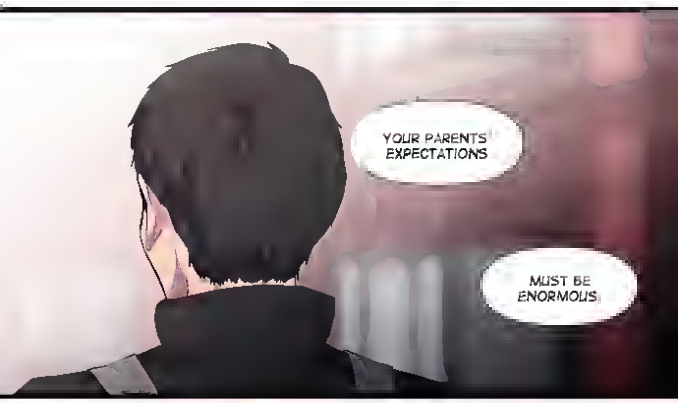
- INSOMNIA (5)

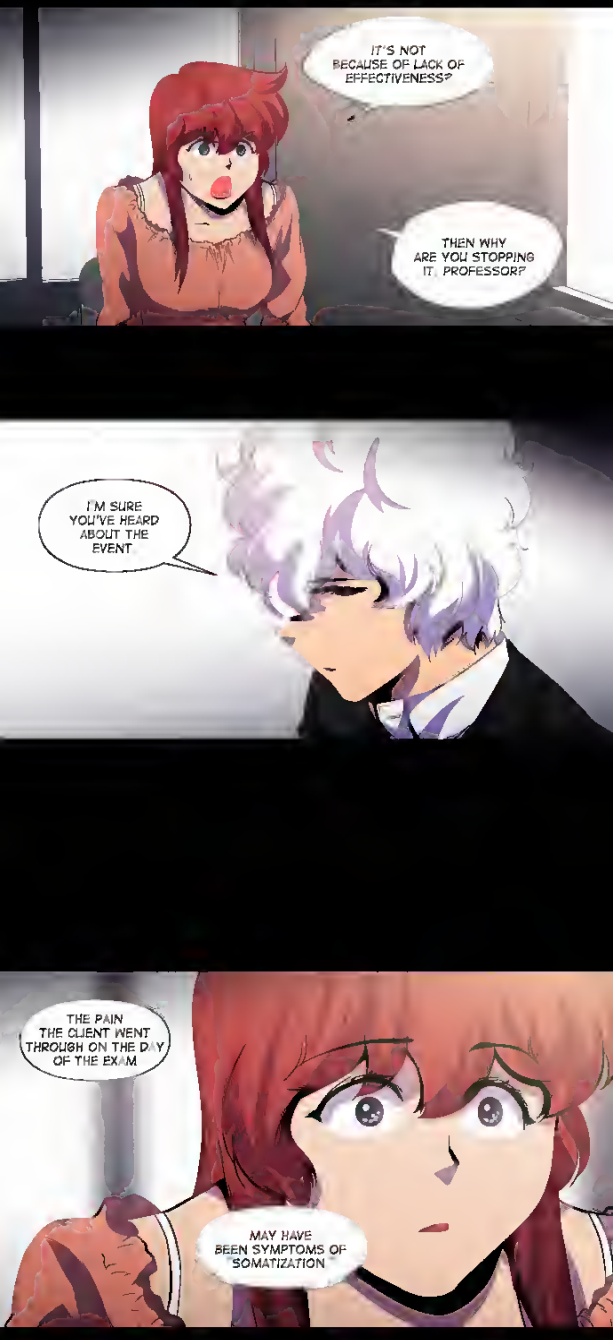


SO?
ISN'T THAT NORMAL FOR YONG GANG UNIVERSITY?

WHAT'S WRONG WITH THAT, PROFESSOR?
A "BIG COMPANY" AFTER A "PRESTIGIOUS UNIVERSITY"?


YOUR PARENTS' EXPECTATIONS
MUST BE ENORMOUS!


IT'S NOT BECAUSE OF LACK OF EFFECTIVENESS?
THEN WHY ARE YOU STOPPING IT, PROFESSOR?
I'M SURE YOU'VE HEARD ABOUT THE EVENT
THE PAIN THE CLIENT WENT THROUGH ON THE DAY OF THE EXAM
MAY HAVE BEEN SYMPTOMS OF SOMATIZATION

"SOMATIZATION"

A HUMAN'S BODY AND MIND AFFECTS EACH OTHER IN A COMPLICATED MANNER

IT'S COMMON FOR SOMEONE WITH A CHRONIC ILLNESS TO GET DEPRESSION

IT'S ALSO NOT UNUSUAL FOR IT TO HAPPEN IN REVERSE WHERE A BODY EXPERIENCES ABNORMALITY AND PAIN WITHOUT A MEDICAL CAUSE BECAUSE OF PSYCHOLOGICAL REASONS.

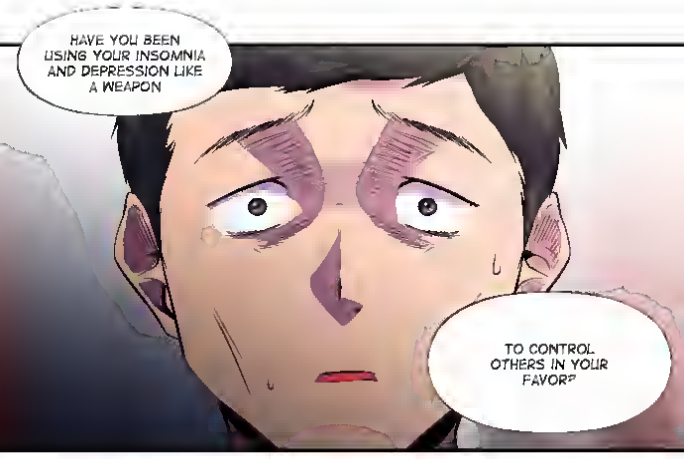
"SOMATIZATION" IS WHEN A BODY EXPERIENCES ABNORMALITY OR PAIN DUE TO ANXIETY, BURDEN, RESTLESSNESS, OR A MORE COMPLEX PSYCHOLOGICAL CONDITION

BUT IS COMPLETELY NORMAL WHEN EXAMINED MEDICALLY.

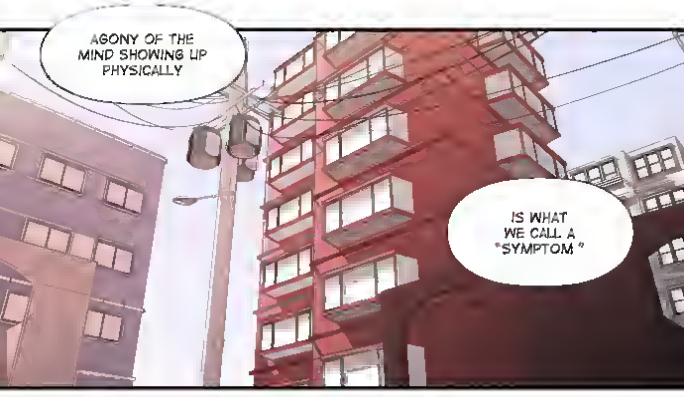
IRRITABLE BOWEL SYNDROME (IBS) IS A TYPICAL EXAMPLE OF SOMATIZATION

TH-THEN HE DEFINITELY NEEDS TO GET COUNSELING
IT'S NOT DIFFICULT TO CHANGE THE DIAGNOSIS
BOTH YOUR PARENTS ARE UPPER CLASS AND ALL YOUR SIBLINGS GOT INTO BIG COMPANIES
PRESSURE TO GET INTO A PRESTIGIOUS UNIVERSITY LIKE YONG GANG.
PRESSURE TO GET INTO A BIG COMPANY
HOWEVER, YOU ARE IN A STATE WHERE YOU CAN'T SEEM TO GET A JOB
THERE ARE TIMES WHEN PEOPLE RUN AWAY FROM PRESSURE
BY USING THEIR SYMPTOMS AS AN EXCUSE.

THEN ARE YOU TRYING TO SAY THAT...
MY INSOMNIA IS A LIE!?!?
NO, YOUR SYMPTOMS ARE PROBABLY REAL.
IT'S PROBABLY A "TRUE" SLEEP DISORDER BROUGHT ON BY A COMBINATION OF STRESS.
THE IMPORTANT THING IS THE MENTAL STATUS THAT LED TO SOMATIZATION.
THE AMOUNT OF BURDEN TO THE MIND
THE INSOMNIA IS MOST LIKELY CAUSING A LOT OF AGONY.
BUT DON'T YOU FEEL THAT IT'S BETTER THAN THE STRESS YOU GET FROM OTHERS' EXPECTATIONS?


HAVE YOU BEEN USING YOUR INSOMNIA AND DEPRESSION LIKE A WEAPON
TO CONTROL OTHERS IN YOUR FAVOR?

WHOOSH


AGONY OF THE MIND SHOWING UP PHYSICALLY
IS WHAT WE CALL A "SYMPTOM"

THERE ARE MANY PEOPLE OUT THERE
WHO LIVE WHILE DEPENDING ON THOSE KINDS OF SYMPTOMS

DEEP DOWN INSIDE,
YOU MAY HAVE BEEN AGAINST TREATMENT AND GETTING BETTER

SINCE SOMEONE WITH THAT KIND OF SYMPTOM
CAN'T BE BOTHERED EASILY BY OTHER PEOPLE

FEEL FREE TO COME BACK TO THE COUNSELING ROOM
WHEN YOU TRULY WANT TO GET TREATED

NEXT WEEK WILL BE THE LAST CHAPTER
OF FILE NO 9 [INSOMNIA]

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MUSIC AND SOUND DESIGN
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CHOI YONG-SOO **최용수** of
BAND **만쥬한봉지**
MANJU ONE BAG

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